

## Active Smokers – Session Content (Cheat Sheets)

Assess		
Outline	Materials	Talking Points
Smoking History	Slides	How old were you when you first started smoking? Did your parents smoke? When was the last time you had a cigarette? How many cigarettes do/did you smoke per day? What brand do you smoke? When was the last time you had a cigarette?
Prior Quit Attempts (slips, relapses)	Slides	Most successful ex-smokers try to quit several times before they are able to quit for good. Have you quit smoking? How many times have you quit smoking for 24 hours or more? When was the last time you quit for that length of time? Have you ever thought about quitting smoking in the past or since you found out you're pregnant? Do you think it would be a good idea to quit? If so, why? What has kept you from quitting? What caused you to start smoking again the last time you quit? What could you do instead of smoking the next time? Although you may feel that you failed, you were just practicing quitting. You actually increase your chances of remaining an ex-smoker with each try. The only failure is when you stop trying to quit.
Assess smoke exposure, smoking patterns in household, support from family/friends for quitting	Slides	Do you live with anyone who smokes? Do you have friends who smoke? Who? Does anyone in your family smoke? Who? How do they feel about quitting? Is there anyone in your family who has quit smoking? Do you know anyone who has quit? Can you think of someone who can help you while you are trying to quit? Someone to act as a support person?
Stage of Change	Slides	Which of the following five statements best describes how you feel about smoking/quitting right now? 1. I am not ready to quit smoking yet. ( <i>Pre-contemplation = 2A or 3A</i> ) 2. I am thinking about quitting smoking. ( <i>Contemplation = 2A or 3A</i> ) 3. I want to and am ready to quit smoking now. ( <i>Preparation = 2B or 3B</i> ) 4. I quit smoking already. ( <i>Action = 2C or 3C</i> ) 5. I have quit smoking for six or more months or 6 months prior to becoming pregnant. ( <i>Maintenance = 2C or 3C</i> ) Session content for 2A-C, 3A-C will be based upon their answer to this question.
Assess confidence	Slides	Having confidence simply means feeling certain or sure about something. How confident are you that you can stay quit, quit, or substantially reduce your smoking (depending on stage), between now and your next visit? What have you heard about quitting? What are your concerns or questions about quitting? Of the things we talked about today, what one thing do you feel most confident about?
Obtain a Commitment to Stay Quit, Quit, Reduce or Participate	Slides & Handouts	I would like for you to make a personal commitment to stay quit, quit, or reduce smoking. Whenever you make a decision like this, it is helpful to sign a contract – basically it is a first step to help you make sure that you will follow through with what you say you want to do. <i>Set a quit date and have her sign stage appropriate contract.</i> Even though you're not interested in quitting now, would you be willing to participate in the program and read through the guide before the next visit?

## Advise

Outline	Materials	Talking Points
Review videotape & guide	Windsor Videotape & Pregnant Woman's Guide	This program, the Commit to Quit videotape, and the Pregnant Woman's Guide to Quit Smoking will help you to quit smoking entirely in 7 days – once you decide to quit. I would like for you to glance through the guide while you watch the videotape. <i>(Set up to watch video undistracted)</i> What did you think about the videotape?
Smoke Free is best	Slides	Quitting smoking and staying smoke free is the best thing you can do to protect your baby, and to protect your own health. Staying smoke free is good for all of your other children as well because they are not exposed to cigarette smoke.
Quitting during pregnancy is a good time.	Slides	When women first become pregnant, cigarettes do not taste as good. Some women get sick or nauseous when they smoke a cigarette while they are pregnant. Beware of the urge to smoke later in your pregnancy or after you give birth. Sometimes women get the urge to smoke again near the end of their pregnancy. Cigarette smoking does not taste as bad at the end of pregnancy. Other women want to smoke again after they give birth because they feel that smoking will no longer hurt the baby.
Quit and stay quit	Slides	I strongly advise all our pregnant smokers to quit smoking entirely, and that they stay quit after they give birth. The benefits of quitting are immediate and longer term.
Cut down by half	Slides	Cutting down on your smoking by half or more of the cigarettes you smoke each day can also make a big difference in your and your baby's health. <i>If she is willing, brainstorm reasons to quit for herself and her baby. Emphasize benefits to quitting.</i>
Reduce to 5 or less	Slides	While cutting down is important, if you reduce to 5 or fewer cigarettes per day, the benefits could be even greater.
Responsible for baby's health	Slides	You are responsible for your baby's health when you are pregnant. The food you eat, the cigarettes you smoke, and the drugs or alcohol you might want to use while you are pregnant, will also be consumed by your baby.
Prevent Relapse/ Sustain cessation	Slides	Many women who quit smoking have strong urges to smoke again. Being under a lot of stress, someone else smoking, being in a situation where you used to smoke can all trigger the urge to smoke again. Going back to cigarette smoking after you quit is called smoking relapse. It is important to watch for signs of relapse and to act quickly to prevent relapse. You will learn skills to prevent relapse as part of this program.

## Assist: Thoughts/information

Outline	Materials	Talking Points
Thoughts-Feelings-Behavior Cycle	Slides	Smoking is a habit. The way you think, how you feel and what you do will influence whether or not you continue to smoke, or you quit during your pregnancy. This program is designed to help you look at and change your ways of thinking, feeling, and doing things that might interfere with your successfully quitting smoking. Each session of this program will focus on how you think and feel, and what you are doing to stay quit, quit smoking or to cut down.
ABC's of Behavior Change	Slides	<p>The ABC's of Behavior Change is a helpful way of looking at those situations, people or places that trigger your smoking and for coming up with a behavior change plan.</p> <p>“A” stands for “Antecedent” or the things that trigger smoking or NON-smoking. B” stands for the “Behavior” we are trying to change --- in this case, smoking. And, “C” stands for “Consequence” or the things that happen after you smoke or NOT that either maintain your smoking or help you to quit.</p> <p><u>Antecedents</u> or smoking triggers can be thoughts (I need a cigarette), feelings (like being stressed out or not very confident you can quit), or behaviors (going to a bar where other people are smoking). When these triggers occur, you are more likely to smoke.</p> <p>The <u>Behavior</u> you are trying to change is smoking. You can reduce the likelihood of smoking by changing the antecedents (your thoughts, feelings and behaviors that trigger or lead you to smoke) or changing the consequences (rewarding yourself for non-smoking and withdrawing rewards for smoking). <u>Behaviors</u> really are how you handle the triggers – you may smoke, or you may not. If you do not smoke, you might do something else like go for a walk, think about something else like how your baby is healthier when you don't smoke, substitute something for not smoking like drinking water or putting a straw in your mouth, or delay having the cigarette.</p> <p><u>Consequences</u> are what happens after you act or behave – after you smoke or do not smoke.</p> <p>If you smoke, maybe it will make you feel better, and if so, you will be more likely to smoke again the next time you are in that situation. If you have the cigarette, sometimes you might feel relieved, while other times you might feel guilty.</p> <p>If you do not smoke the cigarette, you might feel happy and proud of yourself, while other times you might feel even more stressed out. If you do not smoke, you will want to be sure to reward yourself for having exerted self-control over your own behavior.</p> <p>Managing the antecedents and the consequences will help you to quit smoking entirely.</p>
Triggers to smoke	Slides, Guide, p 33	<p>Smoking triggers can be thoughts, feelings, or behaviors.</p> <p>It is important for pregnant women to know what triggers them to smoke. By knowing what your triggers are, you can more effectively manage yourself and the world around you so that you will be less likely to smoke again in the future. For example, you can change the way you think or what you feel. You can avoid going to places or spending time with people where you are more likely to smoke. You can do something else after you eat dinner instead of having a cigarette.</p> <p>Knowing and managing your smoking triggers is critical to successfully quitting.</p> <p>When and where are you most likely to smoke? When do you have the strongest urges to smoke?</p>
Beliefs About Quitting. Weighing	Slides	Most people who are thinking about quitting smoking have their own ideas about the ease or difficulty they will have in quitting.

the Pros vs. Cons		<p>Some people focus more on the difficulties of quitting, while other people focus on how helpful or beneficial quitting will be for them.</p> <p>People who are ready to quit tend to see more benefits than barriers to quitting, whereas people who are not ready to quit tend to see more problems or difficulties in quitting than supports.</p> <p>What do you think the benefits and barriers to quitting are for you? Can you think of any ways to increase the benefits or pros of quitting and to decrease the barriers or cons to quitting?</p>
Information on Risks/Benefits	Slides, Guide, p 2	<p>Smoking has many risks for you and for your baby.</p> <p>If you smoke or if you are exposed to smoke, your baby is at risk for being born too early or too small, or even stillborn, and you are at risk for a miscarriage.</p> <p>You, your new baby, and other children who are exposed to smoke, are at greater risk for asthma, allergies, and pneumonia, and your child is more at risk for ear infections, eye, nose and throat irritations, coughs and colds, being more fussy and colicky, and even Sudden Infant Death Syndrome.</p> <p>Your risk of developing heart disease, stroke, lung cancer, breast cancer, cervical cancer, and gum disease is increased.</p> <p>Though each pregnancy is different, there are many benefits to quitting smoking for you and your baby.</p> <p>There are lots of benefits you get from quitting. If you quit, and stay quit, your baby will get more food and oxygen to grow better and you will feel more energetic now and after the baby is born. Your breast milk will be healthier.</p> <p>You will have more energy, good feelings about yourself and a healthier baby. Think of what you might buy with the money you save from not smoking.</p>
Information on Relapse Prevention	Slides	<p>You must watch for early warning signs of smoking relapse, and be aware of the urges you have to smoke in order to prevent yourself from smoking again.</p> <p>If you notice warning signs, or have a strong urge to smoke, take immediate action. Cope with the urge to smoke, and if you happen to slip, do not get discouraged. Quickly quit again.</p> <p>Use the strategies in the Pregnant Women's Guide and the strategies we have talked about to quit again for good.</p> <p>When do you have the strongest urges to smoke? What can you do about it when it happens?</p>
Self-defeating Thoughts (Self-talk/thought stopping)	Slides, Guide, p 4	<p>Many smokers think about quitting, but are afraid they won't be able to do it.</p> <p>We all talk to ourselves. Some of us pay more attention to our thoughts than others.</p> <p><u>Negative self-talk or thoughts</u> are things we say to ourselves. They are self-defeating because, even though we might want to quit smoking, our negative ways of thinking get in the way.</p> <p>Negative thoughts like "I can't quit", "I have to have a cigarette" will get in the way of your quitting smoking for good. It is important to recognize when you are having these negative thoughts, and to learn ways to change them to positives.</p> <p><u>Bargaining</u> is another kind of negative thinking. We bargain with ourselves when we say things like, "One cigarette won't hurt the baby", "I can have one puff of a cigarette without starting again", "I will be fine if I just don't buy my own pack of cigarettes". This is called bargaining, because we are trying to fool ourselves into thinking that if we just have one cigarette or puff it won't make that much of a difference.</p> <p><u>Excuses</u> are another problem. We all make excuses for ourselves. We sometimes think they are really good reasons for doing something, but when it comes to protecting your baby, any reason to smoke is a poor excuse. "I smoked because I was stressed out. I did not stop smoking on the quit date because I had a job interview or broke up with my boyfriend." Let's face it, there are always excuses that get in the way of doing something that is good for you. Don't let anything get in the way of your doing something good for your baby.</p> <p>What negative thoughts, bargaining or excuses do you have that are getting in the way of your quitting?</p>

		What are some, more positive thoughts you might have or try to think about when you find yourself thinking this way?
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## Assist: Feelings/Empathy

Outline	Materials	Talking Points
Emotional awareness (Knowing your feelings)	Slides, Guide, p 7	<p>It is important to be aware of your feelings. Feelings can trigger you to smoke.</p> <p>Many women say they smoke to reduce stress, to relax, to concentrate better or to just think about things. Other women smoke because they are bored and have nothing else to do.</p> <p>Smoking helps these women to cope or deal with life's problems and issues or just helps them to get through the day.</p> <p>What does smoking do for you? What function does it serve in your life? Do you smoke as a way to handle your emotions?</p> <p>A lot of smokers say it is important to focus on your feelings after quitting. Smoking was an important part of your life and you feel a loss when it is gone.</p> <p>Was it social? Relaxation? Weight control?</p> <p>If you can become more aware of your feelings, and how they may trigger your smoking or urges to smoke, you can gain more control over, cut down, and potentially stop smoking entirely.</p>
Stress Management (Handling emotions)	Slides, Guide, p 20	<p>Life is full of stresses. We all worry about our family, jobs, homes, and our ability to prepare for the future. For some women, even being pregnant can be a stressful time.</p> <p>Lowering your levels of stress and developing good coping skills can help you in your effort to quit smoking.</p> <p>Managing your stress can reduce the number of times you feel the need to smoke.</p> <p>If you're worried about not having cigarettes to relieve your stress, try some new ways to relax.</p> <p>I am going to show you two ways to relax that are very effective. The first relaxation exercise is called a <u>Deep Breathing Exercise</u>. It is just that, you spend a few minutes each day deep breathing. Close your eyes for a moment. Take a deep breath. That is good, breathe deeply and slowly. Feel the air enter your body and down into your lungs. That's good, keep doing the deep breathing exercise for one more minute. When you are doing this on your own, I would like you to do it for at least 5 minutes.</p> <p>The second type of relaxation exercise is called Deep Muscle Relaxation. That means that you try to relax your muscles in addition to doing the deep breathing exercise. Now, I will walk you through a part of the <u>Deep Muscle Relaxation exercise</u>, and you will do the rest on your own. First, make your hand into a fist. That's right tighten your fist, tighter, tighter hold it, and then relax. Feel the warm sensation of blood and tingling of relaxation flow into you fingertips. That is good, now let's try it again with that same hand. Make your hand into a tight fist. tighter, tighter hold it, and then relax. Feel the warm sensation of blood and tingling of relaxation flow into you fingertips. Let's try the other hand. (Repeat for hand, then both arms separately, then shoulders, then face, then legs). Give her a few moments to enjoy the relaxation. How do you feel right now? Every time you feel stressed out or upset, I want you to try one of these two exercises.</p> <p>Let's think about other ways you can deal with stress. For example, you could do deep breathing, go for a walk, or call a friend. What has worked for you in the past?</p>
Visualization (Baby, Self-image)	Slides	<p>Sometimes it helps to add some visual images to the relaxation exercise. Some women imagine themselves in a quite, special place they like to go. Other women imagine themselves at the beach listening to the waves. Another good way to increase the benefits you receive from the relaxation exercise is to think about your baby. As you breathe in each breath, imagine your baby sleeping peacefully. Imagine how peaceful your baby feels when you are not smoking. Visualize how clean and healthy the baby's lungs are becoming with each breath of fresh air. Use this part of the</p>

		<p>exercise to motivate you to quit.</p> <p>Similarly, each time you inhale a puff of the cigarette, think about your baby not being able to breath, that the baby's heart and blood vessels have to pump harder to get enough oxygen, that the baby is being cut off from the important nutrients that he/she needs to grow big and strong.</p>
Confidence Building/ Self-image	Slides	<p>Having self-doubt, and not believing in yourself or trusting your ability to do what you set out to do are some of the biggest barriers for women who want to quit smoking.</p> <p>Being confident in your ability to quit smoking and to stay a non-smoker are essential to your being able to quit entirely. <u>Positive self-talk</u> is one way to build your self-confidence. Practice saying to yourself things like --- I can quit, I can do it, I can do this for my baby and me. Self-talk is like giving yourself a pep talk, cheering yourself on, boosting your confidence. Another way is to find a <u>positive role model</u> who does not smoke who you want to be like. Being confident in your ability to handle problems can increase the likelihood that you will stay away from cigarettes in the toughest situations.</p> <p>Look for new ways every day to give yourself a pep talk, to act like your role model would, and build you self-confidence in your ability to quit.</p>
Nicotine addiction (coping with urges)	Slides, Guide, p 12	<p>Nicotine is a very powerful and addictive drug. Every puff of a cigarette sends nicotine to your brain. It only takes 7 seconds for nicotine to get to your brain from your bloodstream.</p> <p>Dependence on nicotine is measured in two ways. First, how much nicotine do you take in (how many cigarettes each day)? Second, nicotine dependence is determined by what happens to your body when it is low on nicotine. If you smoke 10-20 cigarettes a day, and have to smoke a cigarette right after you wake up in the morning (when the nicotine in your body is nearly depleted), you are likely to be nicotine dependent.</p> <p>People who are addicted to nicotine, who quit, experience a number of withdrawal symptoms: headaches, constipation, sore or dry throat, sleep problems, irritability/tension; lack of concentration. Not all smokers have withdrawal symptoms – also called signs of recovery. Some women report feeling nervous, tense, fidgety, upset, etc. when they first quit smoking. These are signs that a woman is going through nicotine withdrawal.</p> <p>Signs and symptoms of withdrawal only last a few hours or days. Women who have been smoking for a long time, or who smoke a lot of cigarettes each day have a hard time quitting at first because of those withdrawal symptoms.</p> <p>Preparing for nicotine withdrawal, if you are addicted to cigarettes, is important. You must figure out what you will do to handle each sign or symptom of withdrawal other than smoking again. Here are some examples: When you feel tense, use the relaxation exercise. (Go through the list of symptoms and the solutions presented on the slides).</p> <p>If you have any symptoms, they will lessen over time. Drink lots of water and juice during this time.</p> <p>What signs or symptoms do you expect or have you experienced before? How will you handle the signs and symptoms of withdrawal if they do occur?</p>
Social Support (Buddy, Friends)	Slides, Guide, p 11 (C&D)	<p>Talking to other people when you are trying to quit smoking is important.</p> <p>First of all, telling people that you plan to quit is a way of making a public commitment. It is hard not to quit when you have told everyone that you plan to do so.</p> <p>Having someone who cares about you who you can talk to about quitting, about the problems you may face is also very important. We all need someone we can call when we are having trouble or need help.</p> <p>Finding someone who is willing to quit smoking with you is also good. Then, you have a "Quit Buddy" who can provide you with support, share successes and failures, and lean on during the tough times.</p> <p>People who have quit smoking can also give you advice about how they quit smoking. Talk to ex-smokers. Ex-</p>

		<p>smokers are experts on quitting smoking successfully. Talk to a few people who have quit. Ask them what was particularly helpful for them while they were quitting.</p> <p>Who will you ask to support you in your efforts to quit? How will they be able to help? What will you call them for and when?</p> <p>Use what feels most comfortable for you.</p>
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### Assist: Behaviors

Outline	Materials	Talking Points
Contract/ Commitment to stay quit, quit or cut down	Slides, Guide, p 3	<p>Make a contract and commit to quit smoking with yourself.</p> <p>You are being asked to sign several contracts during the program; to stay quit, quit, or reduce cigarette smoking. We were even asking you to make a commitment when we asked you to give the program a try.</p> <p>So you have made a commitment to us. Now, we want you to make that same commitment to yourself.</p> <p>Set a date to quit or cut down substantially and stick with it. Starting on a quit day, you will not beg, bum, or borrow anyone else's cigarettes. <u>If you decide to smoke, you will buy and smoke your own cigarettes.</u></p>
Self-monitoring (Smoke or Urge Diary)	Slides, Guide, p 5, 27 Smoking diary	<p>One of the best ways to keep track of smoking triggers and urges is to keep a smoking diary. You can use a Smoking Diary to keep track of each time you smoke a cigarette, or if you have already quit, when you have the urge to smoke. Also important to include in your smoking diary are any thoughts, feelings or behaviors that might have triggered you to smoke or to want a cigarette. These are smoking triggers, and as we said earlier, they make it more likely you will smoke. Knowing when and where you smoke, and what triggers you to smoke will help you to stay a non-smoker, to quit or to cut down on your smoking.</p> <p>Between now and your next visit, I would like you to use this diary on 3-4 days. If you still smoke, you can wrap a copy of the diary around your cigarette pack. If you do not smoke, you can put a copy in your wallet and carry it with you.</p> <p>Please try to make sure that one or two of the days are this next week, and that one or two of the days are recorded during the week prior to your next visit. Each time you smoke or have the urge to smoke write down: the time of day, where you are, who you are with, any thoughts, feelings or behaviors that occurred just prior to your smoking or having the urge, how strong the urge was (strong, moderate, mild), and what you did afterwards – either after you had the urge to smoke or after you smoked. Bring your Smoking Diary back with you when you come for the next visit.</p> <p><u>When and where do you smoke? What can you do differently when these things occur in the future?</u></p>
7 Day Guide to Quit Smoking	Pregnant Woman's Guide to Quit Smoking	<p>Most successful quitters have a plan to help them quit. Pregnant women who have used the <i>Pregnant Woman's Guide to Quit Smoking</i> have been highly successful at quitting smoking. In fact, this is the best program for pregnant women to use to quit smoking in the United States.</p> <p>Let's go over three simple steps so that you can make your own quitting plan.</p> <p><u>Step 1:</u> Pick a Quit Day or a Date to Cut Down. Pick a date that is in the near future, not too far away. You have no time to waste when you are pregnant. Write that day on your calendar. Research shows that if you pick a quit date ahead of time and get ready for it, you will be more likely to quit smoking for good.</p> <p><u>Step 2.</u> Get ready for your Quit Day. Between now and your Quit Day, there are some steps that you need to take if you are going to be successful. You need to read the guide and practice the strategies for staying a non-smoker, quitting or cutting down. As you participate in this program, you will learn several other skills that you can use to cut</p>



		<p>down on smoking or reduce the amount of nicotine you inhale prior to those last seven days. Tapering, cutting down, reducing nicotine, brand switching, using a scheduled reduction plan are all ways that you can gradually reduce the number of cigarettes you smoke each day. The reason why gradually reducing your smoking is so important is that it helps you to feel that you do have or can gain control over your smoking habit.</p> <p>Step 3: Follow the Pregnant Woman's Guide to Quit Smoking during the last 7 days, leading up to your Quit Date: The last seven days prior to your quit date, you will follow each of the suggestions in the Pregnant Women's Guide to Quit Smoking. Each day is spelled out for you. Practice and complete all of the suggestions in the guide for that day.</p>
Nicotine Reduction	Slides, Guide, p 12, 13	<p>One of the best ways to prepare yourself to quit smoking entirely is to reduce the nicotine in your body. There are several ways to do this.</p> <p>You can switch to a lower tar and nicotine cigarette, but you need to be sure NOT to puff more often, inhale more deeply if you do. Menthol cigarettes, popular among African American women, have the highest levels of tar and nicotine. A list of lower tar and nicotine cigarettes is in your guide.</p> <p>Another way to reduce nicotine is to gradually cut down on the number of cigarettes you smoke each day. If you smoke 20 cigarettes per day, you can cut that number in half each day, or eliminate one cigarette each day. There are lots of ways to do this, but it is important that you count out the number you will smoke each day, and put the rest aside. If you carry more than you plan to smoke, you will be likely to smoke them all.</p> <p>Other ways include taking fewer puffs on each cigarette, to breathe less deeply, to smoke only half of each cigarette, or to smoke only at certain times of the day (after lunch) or places (outside).</p> <p>All of these strategies help you to learn how to gain control over your smoking habit, and at the same time reduce the amount of nicotine you have in your body.</p> <p>Nicotine reduction is good to do before you quit entirely.</p>
Scheduled Reduction Chart/Plan	Slides	<p>Sometimes it helps, when you are trying to reduce the number of cigarettes you smoke each day, to create a schedule or a plan for cigarette reduction.</p> <p>You have two choices for cutting down that might make a difference for your baby: cutting down on your smoking by half or more of your current level of cigarettes smoked per day, or cutting down to 5 or fewer cigarettes per day. It is easy to say you will smoke 10 cigarettes today, and 5 tomorrow, but it is sometimes hard to follow through. The Scheduled Reduction Plan will help you follow through and to create a clear plan, day-by-day for cutting down. Look at the number of cigarettes you smoke each day right now. Think about how many cigarettes you want to be smoking on the day before your Quit Day or if you only plan to reduce, how many you want to cut down to by a certain date. Write down the number you will plan to smoke each day to achieve that objective. Then, write in the hour of the day when you will smoke each cigarette.</p> <p>At the beginning of each day, only take the number of cigarettes out of your pack that you plan to smoke that day, and only smoke at the times of day you specified on your plan. If you miss one of the scheduled times for a cigarette, you will have to wait for the next scheduled time.</p> <p>Now, let's set a schedule for smoking reduction for you for the next week – how many cigarettes do you want to cut down to on the day before your quit date? How many are you smoking now?</p> <p>Here is a schedule that I think will get you down to that level by the date you would like. <i>(Write in the bottom of the chart the number of cigarettes they would need to smoke each day to gradually cut down to that level).</i></p> <p>What time would you like to smoke these cigarettes each day? <i>(Ask the client to write the times she wants to smoke each cigarette in the spaces available on the handout).</i></p>

Use Substitutes	Slides, Guide, p 17, 20	<p>One way to quit smoking is to do something else. We call this “substitution”, where instead of lighting up a cigarette when you have the urge to smoke, you do something else.</p> <ul style="list-style-type: none"> <li>• Exercise: Exercise may reduce withdrawal symptoms, keep stress low and boost your confidence as you quit. Let’s talk about some kinds of exercise you would like that’s good for both you and the baby.</li> <li>• Oral substitutes like carrots, gum, mints: Your baby depends on you to eat the right foods. If you can stay away from junk foods and sweets, your weight gain will be fine. Some good substitutes are: chewing gum, raw vegetables, popcorn, and some other low fat snacks.</li> <li>• 5 D’s: Deep Breathe, Drink water, Do something else, Discuss/talk with a friend or family member, Delay smoking</li> <li>• Plan positive/healthier activities and alternatives</li> </ul> <p>You can chew sugarless gum, hard candy, toothpicks, and lollipops to keep your mouth busy. A rubber ball, a polished rock, or worry stones will give your fingers something to play with. You can buy a pad of paper and pen for doodling. Some people like to work on crossword puzzles, or do needlework to have something to do with their hands or to distract themselves.</p> <p>The urge to smoke a cigarette will pass in a few minutes whether you smoke a cigarette or not. You may feel even more sad or angry if you go back to smoking.</p> <p>What are some activities that you can do now instead of smoking?</p> <p><i>Music, healthy foods, calling a friend, writing.</i></p> <p>Let’s talk about some kinds of exercise you would like that’s good for both you and the baby.</p> <p>Choose three cigarette substitutes you would like to use. Have the substitutes ready to help you deal with cravings and withdrawal.</p>
External or Environmental Control	Slides	<p>External or environmental control is a strategy that is used by women who have quit, are trying to quit or to reduce the number of cigarettes they smoke each day.</p> <p>When the home or work environment contains a large number of visual cues or triggers to smoke, pregnant women are more likely to smoke.</p> <p>Visual cues or triggers to smoke might include ashtrays, matches, half empty cigarette pack, someone else smoking in the house, cigarette butts, etc. When smokers see these cues, they are reminded of smoking and sometimes want a cigarette.</p> <p>The best thing to do is to get rid of the smoking triggers. Collect all the cigarettes, ashtrays, lighters, and matches from your house, workplace, and car. Clear out everything because you want to cleanse your surroundings and your body of this noxious and addictive substance. Put it all in a pile or bag and make sure you quickly take it to the garbage bin, so you are not tempted to smoke again or go into the trash for an old cigarette butt.</p> <p>Keep your home, car and workplace tobacco free. Post signs that say NO SMOKING in your house and car. Ask people to go outside to smoke. Avoid being around other people who smoke. Talk to other smokers in your household and agree upon NO SMOKING in the household rules. Go outside yourself when you smoke.</p> <p>All of these efforts will reduce the likelihood that you will want to smoke again.</p>
Aversion Strategies	Slides, Guide, p 9, 16 (E)	<p>There are several less often used strategies, that might be effective for you if you are having a hard time quitting or staying a non-smoker, in addition to cutting down and using some of the other described strategies for quitting or cutting down on smoking. These are called “Aversive” techniques, because they are designed to make you dislike the taste, smell or thought of smoking.</p>

		<p>Two of these strategies are discussed in the Quit Smoking Guide: the Yuk jar and Smoke tasting. A third, snapping a rubberband on your wrist has been added.</p> <p>The Yuk Jar and Smoke Tasting activities are good for women who are still smoking. Women who smoke are encouraged to put every cigarette they smoke in a jar of water for the last few weeks before they quit. During the week before they quit entirely, they should smell the jar daily, and after they quit they should smell the jar every time they have the urge to smoke.</p> <p>The Smoke Tasting exercise is designed to make smoking taste bad by asking women to smoke, hold the smoke in their mouth, chew it, and not inhale until they get sick of the taste of cigarette smoke. This works for some women, particularly those in early pregnancy, and particularly if women DO NOT INHALE the smoke when they are smoke tasting.</p> <p>The Rubber Band exercise is used by women who are trying to quit or who have quit entirely. You would put a rubber band around your wrist and wear it throughout the day. Every time you have the urge to smoke, you would snap the rubber band on your wrist to eliminate the urge to smoke.</p>
Rewards (Rewarding yourself for not smoking)	Slides, Guide, p 26 Quit Award	<p>People like to be rewarded for their efforts. Rewards can be a kind word, a small gift, a special occasion, or something larger.</p> <p>Reward yourself for your progress in cutting down, quitting entirely or staying a non-smoker. Set some short-term goals and plan how you will reward yourself for achieving these goals in advance. Once you achieve your goals, reward yourself.</p> <p>Rewarding yourself along the way will help to prevent relapse. If you do not reward yourself, and take pride in your successes, you will be more likely to smoke again.</p> <p>How have you rewarded yourself for progress toward cessation? What could you do differently?</p> <p>List how you will treat yourself with the cigarette money you've saved just before and after you give birth?.</p> <p>Make sure to discuss the health bank; small treats and rewards like giving yourself a manicure, and major rewards like buying a new TV with the money that has been saved.</p>
Relapse prevention (Coping with urges to smoke)	Slides, Guide, p 30	<p>Preventing relapse involves being aware of your urges and triggers to smoke, and doing something about it to prevent yourself from lighting up another cigarette.</p> <p>Coping with urges to smoke is key to relapse prevention. Coping might involve just waiting it out, doing something else, thinking about something else, talking to yourself, relaxation exercises and applying all of the other skills that you have learned.</p> <p>When are you toughest urges to smoke and which coping strategies have worked for you so far?</p> <p>What else could you do the next time you have the urge to smoke?</p>
Recycle Quickly	Slides, Guide, p 30	<p>You might have a slip, where you take a puff of a cigarette, a lapse, where you smoke a few cigarettes, or a full-blown relapse, where you start smoking again.</p> <p>If you slip and smoke again, don't be discouraged. Accept that you had a slip or lapse, which is a small setback in the grand scheme of things. Your first cigarette did not make you a smoker to start with, and a slip does not make you a smoker again.</p> <p>If you relapse and start smoking heavily again, remember that most former smokers tried to stop several times before they ultimately succeeded. If you really want to be smoke-free, set a quit date and try again.</p> <p>In either case, don't be too hard on yourself. One slip or relapse doesn't mean you're a failure. Think about what triggered you to smoke and picture ways to handle the situation successful the next time you are challenged.</p>

		Have you had any slips, lapses or relapses? What have you done to recycle quickly?
Reduce Secondhand Smoke	Slides, Guide, p 32	<p>It is important not to forget that exposure to second hand smoke, where other people smoke around you, also poses a risk to you and your baby. The more you and your baby are exposed to cigarette smoke, the greater the risk. So, other people smoking around you only adds to the risk for you and your baby.</p> <p>Exposure to cigarette smoking is harmful to you and your baby while you are pregnant and after you give birth.</p> <p>Ask other people to stop smoking around you, as you reduce your smoking levels, or if you have quit entirely. Come up with a plan that they agree to so that you can reduce your exposure to cigarette smoke.</p> <p>Put up NO SMOKING signs in your house and car. Ask people to smoke outside. Don't go to bars or other places where people smoke. It may be difficult at first, but if they love and respect you, they will do what you ask them to do. Plan rewards for the smokers who help you to stay smoke free. Do something special like cooking their favorite dinner, just to show them how much you appreciate their taking the time to do as you asked, and for their being so considerate of you and your baby's health.</p> <p>If they do not do what you ask, take immediate action. Leave the room or go outside yourself if you have to. Do not plan to get together with them again while you are pregnant. Do not go over to their house. Do whatever you need to do to stay Smoke Free, with or without their help.</p> <p>You may not feel that you have the right to ask other people not to smoke around you, when you still sometimes smoke yourself, but you do because when other people smoke around you, you are more likely to smoke. Also, when they smoke, they are not helping you to quit smoking.</p> <p>Who do you need to talk to? What do you need to say? How will you ask your family/friends not to smoke near you or to go outside? How do you think they would react?</p>

### Arrange

Outline	Materials	Talking Points
Planning & Goal Setting	Slides	Becoming a nonsmoker isn't something that happens overnight. Think of this program as a resource that you can come back to each month during your pregnancy. With your strategies, support and intervention team, you are much better prepared than the typical smoker who tries to quit. And that makes all the difference. Try the suggestions. Doing so will strengthen your chances of quitting.
Next appointment	Appointment card	When is your next clinic appointment for a prenatal care visit. I would like to schedule a time before or after that visit to meet with you.
Follow up phone call	Schedule appointment for call	I will probably be calling you between now and your next visit. Is there a time of day, or day of the week that is better for me to call? When would you like for me to call? Do you have an answering machine? If you are not home, I will just leave a message that I called, with the telephone number to call me back, and will not give anyone else the reason for the call or state that I am from the prenatal care clinic unless you give me your permission. You can call me back at your convenience.
Home projects/ strategies	Review & Distribute guide, brochures, and	<p>Review Homework Sheet &amp; Give Handouts for each session.</p> <p>Session 1: Ask her to use and try strategies in the Windsor "Pregnant Woman's Quit Smoking Guide"</p> <p>Session 1: Ask her to read "10 Best Reasons Not to Smoke While You are Pregnant"</p> <p>Sessions 2A, 2B, 2C: Ask her to read "Smoking &amp; Smoke Exposure Facts &amp; Tip Sheets"</p>

	handouts	<p>Sessions 3A, 3B, 3C: Ask her to read “Three Steps for Talking to Family &amp; Friends”.</p> <p>Sessions 3A, 3B, 3C: Ask her to give the “Quit Smoking &amp; Stay Away From Cigarette Smoking Altogether” handout to smokers in her life.</p> <p>Last Prenatal: Ask her to read “Other People’s Smoke”</p> <p>Postpartum: Ask her to read “Secondhand Smoke: How to Protect Your Kids”</p>
Session Closure	HIP business card	<p>I’ll make a note about the goals/quit date that you’ve set and we’ll check on your progress at your next visit.</p> <p>Be sure to use your “Pregnant Woman’s Guide to Quit Smoking” to help you prepare to quit, plan your rewards and coping strategies, and handle any withdrawal symptoms.</p> <p>Be sure to bring a copy of your Smoking Diary with you for your next visit.</p> <p>I know you can make it. I’m proud of you. Please contact me if I can help you in any way. <i>Give business card</i></p>